

Mindfulness in the Classroom

Posy's Fairy Ballet





Moshi Mindfulness in the Classroom series

is a focused sequence of CASEL-aligned lesson plans. Built around the magical Moshi world, the lessons use audio content and characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends. Take-home sheets are included with each lesson so that kids and families can practice mindfulness in and out of the classroom.

CASEL Standards:

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

Academic Standards:

Common Core English/Language Arts Standards

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

Use self-management to show courage to take initiative.

Essential Questions:

How can I have courage to act on an opportunity?

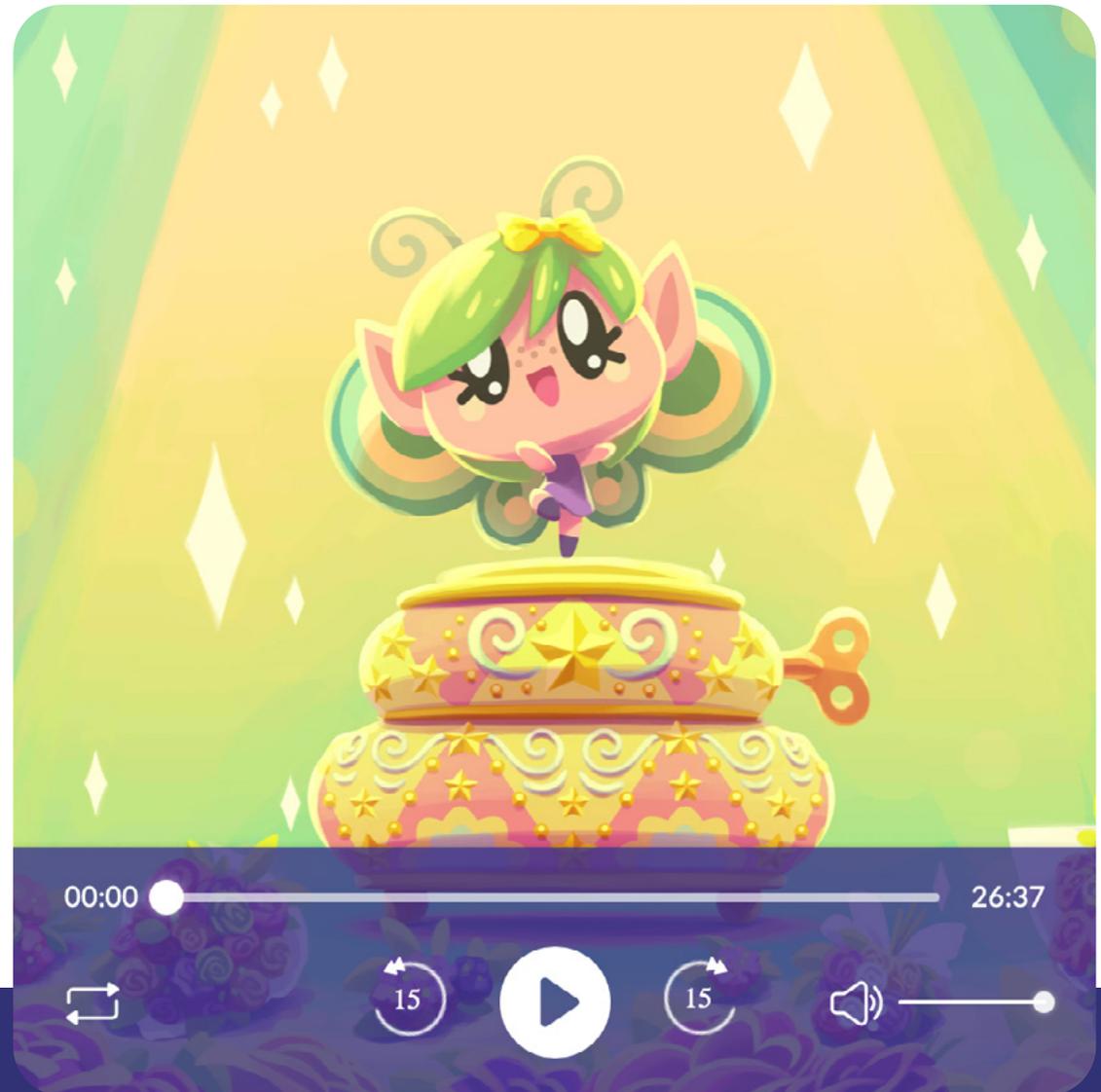
I Can:

I can have courage to make something I want to do possible.



Posy's Fairy Ballet

Now we will listen to a story called 'Posy's Fairy Ballet'. This is Posy! Click on the picture to begin listening:



http://moshisleep.com/play/Posys_Fairy_Ballet

In a magic forest, way up in the nooks and crannies of the trees live Moshling fairies. Today we will meet a Forgetful Fairy named Posy. She loves to dance every day and dreams of being on stage.

- What do you dream of doing?
- What are some things you do well?
- How do you feel when you do a good job at something you love to do?

After You Listen

Hocus the Wonky Wizard gave Posy magical ballet shoes to give her courage so she could dance in front of the King and Queen.

- What does courage mean?
- How did Posy show courage?

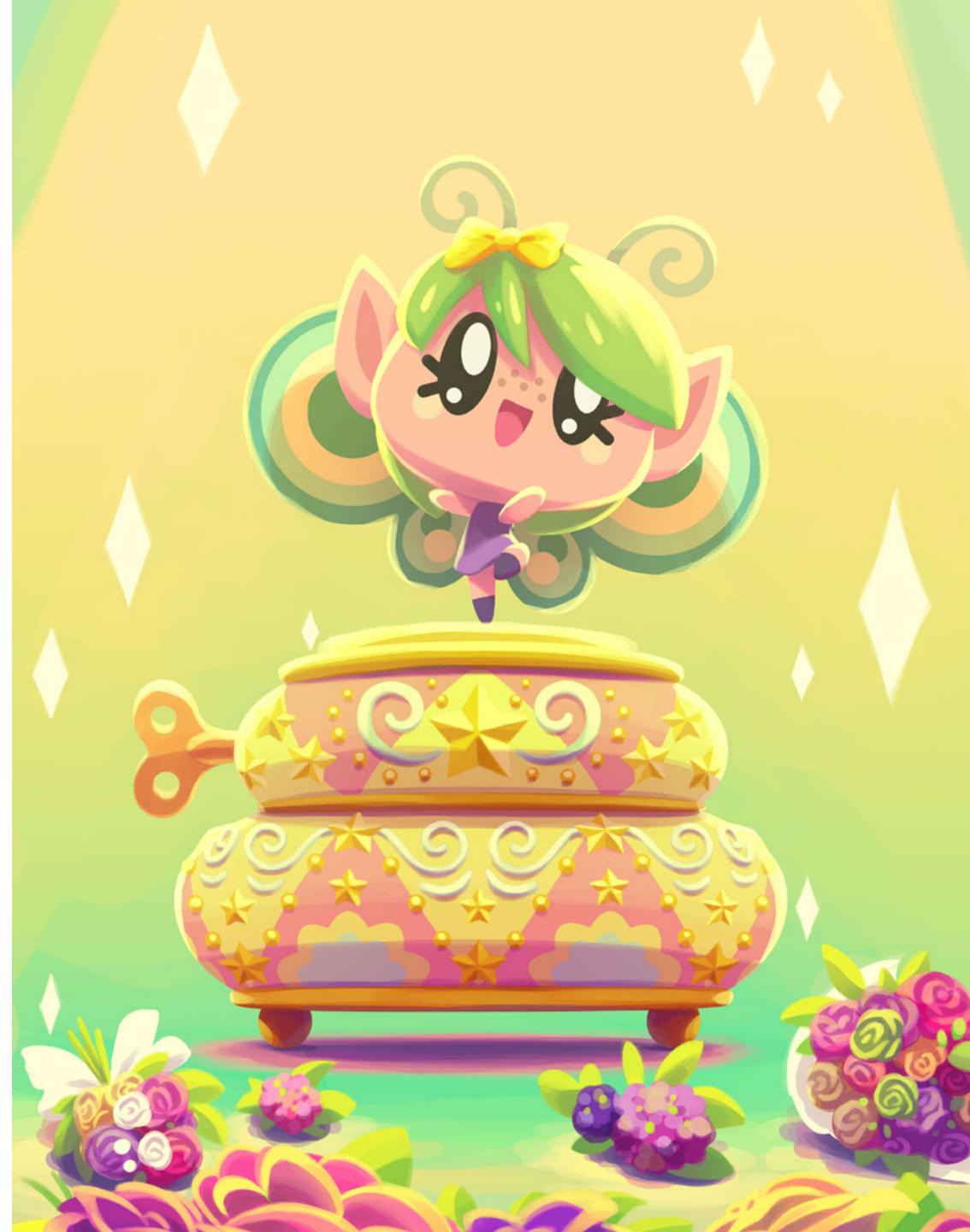
When Posy lost the magical shoes, she was nervous to go onstage. But Hocus the Wonky Wizard told her that feeling nervous is natural, and courage comes from having self-confidence and self-esteem.

- What are some ways you can show courage, just like Posy?

Throughout history, people have shown courage in many different situations.

- Who are some people that have shown courage?

By yourself or in a small group, create a skit where a person shows courage. Assign each group a topic or allow them to choose their own ways to show courage. Have students perform their skit in front of the class or make a video to share with the class.



The word "moshi" is written in a white, rounded, lowercase font. The background consists of several overlapping, semi-transparent circles in various shades of blue, ranging from a deep navy blue to a bright cyan. The circles are arranged in a way that they overlap each other, creating a layered effect. The word "moshi" is centered horizontally and vertically within the composition.

moshi